

Stress Management Techniques¹

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Getting stressed in traffic? Worried about your finances or loved ones? You are not alone. Stress is a daily part of life and can cause both health and emotional problems. Experts suggest that we manage our stress in order to prevent having these negative results. Here are some tips for managing stress.

First, if you are under a lot of stress, take better care of yourself than usual because you are more at risk for getting sick. Try

to eat better, get enough rest, and exercise regularly. Avoid caffeine and alcohol, as well as other drugs.

Second, you may want to work on relaxing your muscles. One way to do this is to use heat, such as a hot shower or bath, or even a heating pad. Exercise can both relax muscles and increase endorphins, which help improve mood. Another way to relax your muscles is to use a technique in which muscles are tensed and then relaxed. Yoga and meditation may also help with muscle relaxation, and may provide other benefits in dealing with stress.

Third, try to think about things in a different way. This might mean looking at the situation differently, distracting yourself, or even using humor. Recent research suggests that humor provides a helpful way to combat the negative effects of stress.

Finally, breathe deeply and slowly to help your body relax. This can have a calming effect and can be done anywhere, anytime, and without any tools but your own sound body and mind.

1. This document is FAR5010, one of a series of the Family Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Broadcast as program 511. Published January 2007. Reviewed March 2012. In the interest of time and/or clarity, the broadcast version of this script may have been modified. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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Resources

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